

ENERGIZER: THUNDERSTORM



All participants



10 minutes



Thunderstorm energizer involves all the participants including the trainer/s.

(Second) Trainer starts by shouting "rain" while simultaneously drumming on a table or chair imitating the sound of the rain. Now instruct the participants to do the same, slowly increasing the speed of the drumming/raining.

Suddenly, when pouring rain, trainer/s clap/s their hands together and shouts "lightning!" multiple times for each hand clap. Participants are to do the same.

Performing tip: you can translate 'rain' and 'lightning' into other languages that the participants speak.



Thunderstorm is a quick and effective energizer particularly good to perform after lunch break when participants need to be awoken in order to start the following session properly. It is a good and easy way to get everyone doing the same activity with some motion and sound stimulation.